

# Good Things to Eat for Sunday Dinner

## Sunday Dinner Menu and Tested Recipes

**BREAKFAST.**  
 Fresh Berries. Toasted Corn Flakes.  
 Toasted English Muffins.  
 Honey. Coffee.

**DINNER.**  
 Cream of Watercress Soup.  
 Croutons.  
 Roast Stuffed Shoulder of Lamb.  
 Brown Gravy.  
 Baked Potatoes. Green Peas.  
 Mint Jelly.  
 Lettuce with French Dressing.  
 Chocolate Rice Pudding.

**LUNCHEON.**  
 Mexican Rarebit. Sallines.  
 Brown Bread Sandwiches.  
 Fruit and Drop Nuts Cakes.

**Crab Meat Salad.**  
 Cut in small pieces one pint of crab meat and pour three tablespoons of French dressing over it. Set on ice to chill; cut one green pepper into threads, and shred one very small endive. When ready to serve mix all together and place in a tomato cup. Garnish with mayonnaise.

**Veal and Green Pea Salad.**  
 Take one-half pound of cold roast veal, cut in tiny dice, and a large cupful of cooked fresh peas or canned peas. Pour over this a French dressing and place in the refrigerator until thoroughly chilled. When ready to serve put it by spoonful into cups of crisp lettuce leaves and pour over it a little more French dressing, to which has been added a little green chopped mint, a pinch of mustard and a dash of celery salt.

**Macaroni and Cheese.**  
 In a saucepan have fully three quarts of boiling salt water. Into this drop a half package of macaroni broken into two-inch pieces, cover until at a fast boil, then partly uncover and keep boiling hard until tender. Drain in a colander. On a hot platter put alternate layers of the macaroni and grated cheese, sprinkling each layer with melted butter. Turn through with two forks and serve at once. This may be changed by substituting a nice meat sauce or a strained tomato sauce for the butter.

**Potatoes en Casserole.**  
 Roast large potatoes; cut off a piece from the top of each, lay it aside. Empty the insides carefully by the help of a small spoon, not tearing the skins. To this potato, when mashed, add butter, grated cheese, pepper and salt to suit your taste. Blend the mixture with a beaten egg; heat in a saucepan, stirring to prevent scorching. Refill the cases, fit on the top of each, set in a hot oven three minutes before sending to table in a warm napkin.

**Peas en Casserole.**  
 Make a rich vanilla ice cream. Freeze in a fancy mold, or serve in little individual dessert glasses. For the sauce, take one cupful of granulated sugar, one-half gill of water, and cook slowly. Add half a glass of raspberry jelly and, when well mixed, a glass of marshmallows. When the sirup boils, put in the peas, either fresh or canned. They should be quite firm and in halves. After five minutes lift the peas out carefully and pour sauce over. When cold, put half a peach on each portion of cream and pour the sirup over.

**Tomato Cream Salad.**  
 Make a delicately flavored tomato sauce, being careful not to cook it too long after spices are added. Strain, and when cool fold into an equal amount of whipped cream. Pack into a brick mold and pack in equal parts of ice and salt for several hours. Unmold and serve in slices on a lettuce leaf lightly coated with French dressing.

**Chicken Salad in Cucumber Tub.**  
 Cut a cupful of cold chicken into cubes, mix with an equal quantity of diced cucumber, and moisten well with mayonnaise. Serve in little tubs made from the hollow halves of large, firm cucumbers, with a sprig of watercress topping each one.

**Cornmeal Flapjacks.**  
 Scald over eight two cups of Indian meal with a quart of boiling milk, or milk and water, mixed, adding one tablespoonful of butter and one tablespoonful of brown sugar or molasses. Cover closely and let it stand until morning, when add yolks of two well beaten eggs, one scant cupful of flour and one teaspoonful of salt. Heat and grease the griddle, then add to the batter one tablespoonful of soda, dissolved in a little hot milk, and last of all the whites of two eggs beaten stiff and turned in lightly. If the batter is too stiff in the morning stir in a little cold milk.

**Beefsteak Pie.**  
 Take three pounds of steak, season to taste with salt, cayenne and black pepper, crust, water and the yolk of an egg. Have the steaks cut from a rump that has hung a few days, that may be tender, and be particularly that every portion is perfectly sweet. Cut the steaks into pieces about three inches long and two wide, allowing a small piece of fat to each piece of lean, and arrange the meat in layers in a pie dish. Between each layer sprinkle a seasoning of salt, pepper and, when liked, a few grains of cayenne. Fill the dish sufficiently with meat to support the crust and to give it a nice raised appearance when baked and not to look flat and hollow. Pour in sufficient water to half fill the dish and border it with paste. Brush it over with a little water and put on the cover, slightly press down the edges with the thumb and trim off close to the dish. Ornaments the pie with leaves or pieces of

paste, cut in any shape that fancy may direct, brush it over with the beaten yolk of an egg. Make a hole in the top of the crust, and bake in a hot oven for one hour and a half.

**Sliced Pineapples and Strawberries.**  
 Slice fresh, ripe pineapple and cut them berries in two. Dust with powdered sugar a half hour before serving. They should be thoroughly chilled when brought to the table.

**A Fish Dish.**  
 This white fish is delicious when cooked in this way. Take one cup of cold, boiled fish flaked up fine, add to it half a cupful of mashed potatoes, half a cupful of cream, half a cupful of grated bread crumbs, the beaten yolks of two eggs, one-half of a teaspoonful of salt and one-eighth of a teaspoonful of pepper. Mix all well together, then make into cakes or balls; beat slightly the whites of two eggs, then into cracker crumbs and fry a light brown.

**Tomato Sauce.**  
 One and one-half cupfuls of canned tomatoes or fresh boiled, one small onion, one tablespoonful of butter, one and one-half tablespoonfuls of flour, one-half teaspoonful of sugar, salt and paprika to taste. Mince the onion and cook slowly with the tomatoes from ten to twenty minutes. The pulp should be soft. Then rub through coarse sieve or strainer, again let come to boiling point, rub butter and flour smooth by adding a little of the hot juice, add to tomatoes, season with sugar, plenty of paprika and salt to taste. Stir until thickened, then serve very hot. If the tomatoes are very watery a little less can be used.

**Rice and Milk.**  
 Wash a pound of rice, drain it, simmer in five pints of water till it forms a thick paste. Stir into it a quart of milk, add traces for sugar, with flavoring, or, if preferred, pepper and salt. Boil for a few minutes and serve hot. Time five minutes to boil the rice with the milk. Sufficient for half a dozen persons.

**Egg and le Pot.**  
 Beat two eggs, yolks and whites separately, until very light; then gently mix the yolks into the whites and spread them on a well buttered stoneware baking dish. Drop five unbroken eggs over the top, first making little hollows with a spoon, so that the eggs will not run together. Sprinkle salt, pepper and a little paprika over the top; then sprinkle lightly with dry buttered bread crumbs and place in the oven to bake until the whites are set, but not too well done. Serve at once. To make a dainty breakfast service have the eggs cooked in individual baking dishes using a spoonful of beaten egg to each whole egg for one person.

**Chopped Potatoes.**  
 Chop coarsely boiled potatoes. Have ready in a saucepan a little good dripping, well flavored. As it heats put in the potatoes and stir until smoking hot all through.

**Engless Pancakes.**  
 Mix thoroughly, in order given, two cups of cornmeal, one of flour, one-half teaspoonful of salt and one of soda, and beat lightly with a pint of buttermilk. Serve hot with molasses.

**Orange Trifle.**  
 One tablespoonful of gelatin, one-fourth cupful of boiling water, one-fourth cupful cold water, and three-fourths cupful of cream whipped, one-half cupful of lemon juice, grated rind of one-half orange will be needed for orange trifle. Soak gelatin in cold water, add sugar and fruit juices, strain in chilled bowl, cool.

**Peaches Melba.**  
 Make a rich vanilla ice cream. Freeze in a fancy mold, or serve in little individual dessert glasses. For the sauce, take one cupful of granulated sugar, one-half gill of water, and cook slowly. Add half a glass of raspberry jelly and, when well mixed, a glass of marshmallows. When the sirup boils, put in the peas, either fresh or canned. They should be quite firm and in halves. After five minutes lift the peas out carefully and pour sauce over. When cold, put half a peach on each portion of cream and pour the sirup over.

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beat until it begins to thicken, fold in beaten cream and mold.

**Potato Croquettes.**  
 To a pint of cold mashed potatoes add one egg, two tablespoonfuls of sweet milk, one-half teaspoonful of baking powder, pepper and salt. Add flour enough to make a soft dough that can be handled, form into cylinder shape, roll into beaten egg and then in cracker crumbs and fry in hot lard as you would doughnuts.

**Whitefish Fritters.**  
 These require one cup of boiled fish flaked up fine, add to it half a cupful of mashed potatoes, half a cupful of cream, half a cupful of grated bread crumbs, the beaten yolks of two eggs, one-half of a teaspoonful of salt and one-eighth of a teaspoonful of pepper. Mix all well together, then make into cakes or balls; beat slightly the whites of two eggs, then into cracker crumbs and fry a light brown.

**Noisette Bread.**  
 This is made by adding a cupful of hazelnuts to the dough for whole wheat bread.

**Strawberry Ice Cream.**  
 One quart of cream, one and a half quarts of strawberries, two cupfuls of sugar. Pour half the cream into the double boiler; add half the sugar; when melted, set aside to cool. Put the rest of the sugar over the mashed berries. At the end of an hour, strain into the cool cream and add the unsweetened cream. Freeze.

**Stuffed Beefsteak.**  
 Prepare a pound and a half of rump steak as for boiling and spread over it a filling made as follows: One quart of stale breadcrumbs, one small onion cut fine, one teaspoonful of sage, one teaspoonful of melted butter, one teaspoonful of salt and a half-teaspoonful of pepper. Roll the steak, tie with a cord and place in the pan with one pint of water. Bake one-half hour, basting frequently.

**Cucumber Salad.**  
 Take one large or two small cucumbers, half teaspoonful of pepper and salt mixed, one tablespoonful of best French vinegar, three tablespoonfuls of pure olive oil; peel and slice the cucumber as finely as possible, sprinkle the pepper and salt over it; add vinegar and salt in the above proportions a moment before using.

**Graham Gems.**  
 Take one pint of sour or buttermilk, one tablespoonful of soda; stir well; add one-half cupful of sugar, one cupful of flour, one-half cupful of cornmeal, two cups of Graham flour, one-half cupful of molasses, one teaspoonful of salt. Bake from thirty to forty minutes in gem pans. They may also be baked in bread loaf pan, but slowly, about one hour at least.

**Carrots a la Francaise.**  
 To prepare and cook carrots French fashion, wash and cut the carrots into small dice and put them in an enameled saucepan with three or four ounces of butter, some salt and pepper; let them simmer very gently for five minutes, then dredge over them a little flour and add a quarter of a pint of water. Cook for another five minutes, stirring all the time, then repeat the flour and water (the water must be boiling). Continue this process until the carrots are pulped into a creamy mass. Before serving squeeze in a little lemon juice. To make this dish successfully it must be stirred all the time it is being cooked. Young carrots may be scraped and

cooked in clear stock flavored by an onion and a bay leaf and seasoned to taste. When tender they should be drained, then tossed and slightly browned in a saucepan among melted butter. A little sugar is usually sprinkled over these.

Another method of serving carrots is to cook them as described above, then to serve them arranged dome-fashion on a mound of potatoes (mashed), pouring over this a good white sauce.

**Tomato Soup.**  
 Stew one quart of tomatoes in one pint of water for twenty minutes; rub two tablespoonfuls of flour and one of butter with a teaspoonful of salt and one of sugar, stir into the boiling tomato and cook fifteen minutes; rub through a colander and serve with sippets of bread, made as follows: Cut stale bread into thin slices, butter and cut into small dice, place in pan with buttered side up and brown crisply in the oven.

**Potatoes a la Marie.**  
 For this use new potatoes, which should be small and parboiled, drained and set aside. Then melt half an ounce of butter in a saucepan, fry in it two chopped tablespoonfuls of onion and cook for a few minutes before sprinkling thickly with flour and adding half a pint of milk. After ten minutes cooking rub through a fine sieve and sprinkle with parsley or any other seasoning, return the sauce to the pan and simmer the potatoes in it. Just before serving add a tablespoonful of cream.

**Meat Loaf.**  
 Have the butcher grind one-half pound of pork with one pound of the top of the round of beef; add to this three or four slices of day-old bread which have been soaked in warm milk. Mix well and season with salt and nutmeg. A little onion juice may be included if desired. Fashion into a loaf, glazed with the white of an egg and sprinkled with bread crumbs. Bake in a moderate oven for one hour or until the loaf is set and nicely browned. Cooked meats may be used for a meat loaf by adding gravy or stock, or a little butter and an egg, and in this case it need not be in the oven so long.

**Strawberry Sauce.**  
 One-quarter of a box of gelatin, whites of three eggs, one cupful of sugar, a pint of hot water and the juice of one large lemon. Dissolve the gelatin in the water, then add lemon juice and sugar; mix well and strain through a cloth into a mixing bowl to cool. Beat the whites of the eggs to a stiff froth and as soon as the mixture begins to thicken stir in the beaten whites and continue to whip until it is thick and snow white all through. It will take a half hour longer, and the colder the ingredients the better your success; either mould into forms or pile into pyramids and leave space around it. Keep on ice till the next day. This pudding will be sufficient for two meals and may be served in a culet of fresh strawberries.

### Hayden's Meat Dept.

Money Saving Specials for Saturday.  
 Lowest Prices consistent with the Best Quality.

Genuine spring lamb, hindquarters ..... 50c  
 Genuine spring lamb, forequarters ..... 35c  
 No. 1 Mutton legs, per lb. .... 12½c and 10c  
 No. 1 Mutton chops, per lb. .... 15c, 12½c and 10c  
 Mutton Stew, 10 lbs. .... 25c  
 Mutton Roast, per lb. .... 8c and 7c  
 Pork Roast, per lb. .... 8½c  
 Pot Roast, per lb. .... 12½c, 10c and 8c  
 Rib Boiling Beef, per lb. .... 7c  
 Corn Beef, per lb. .... 5c  
 No. 1 Hams, per lb. .... 15c  
 Bacon, per lb. .... 20c, 17½c and 15c

## Try HAYDEN'S First

### Big Pork Shoulder Roast, per lb. 8½c

Pig Pork Chops, per lb. .... 12½c  
 Full Lamb Legs, per lb. .... 10½c  
 Calumet Sugar Cured Bacon, per lb. .... 13½c  
 Fresh Eggs, per dozen .... 15c

Steer Steak, per lb. .... 12½c  
 Lamb Shoulder Roast .... 6½c  
 5-lb. pall Silver Leaf Lard 58c

## CENTRAL MARKET

Kulakovsky Meat Co.  
 Douglas 1796. 210 N. 16th. A-2141.

### Meat Department

**Pig Pork Loins . . . . . 11¼c**  
**Fresh Dressed Young Hens 12½c**

OUR OWN DRESSING.

Steer Pot Roast ..... 9½c and 8½c  
 Steer Boiling Beef ..... 6½c  
 Young Veal Roast ..... 10½c  
 Lamb Legs ..... 10½c  
 Lamb Chops ..... 10c  
 Pig Pork Roast ..... 8½c  
 Pork Butts ..... 11c  
 Sugar Cured Bacon ..... 13½c  
 Rex Hams ..... 14½c

### Grocery Department

19 lbs. Best Granulated Sugar ..... \$1.00

25c large cans Tomatoes, 3 for 85c  
 15c Snider's Pork and Beans 10c  
 25c cans Fruits of all kinds 15c  
 Public Pride Flour, best that money can buy ..... \$1.25  
 XXXX Flour ..... \$1.20  
 10 bars B. E. A. or D. C. Soap 25c  
 Navy Beans ..... 5c  
 10c Rice, per lb. .... 5c  
 1 dozen boxes Safety Matches 5c  
 Jell-O, 2 pkgs. .... 15c  
 10c soups, 2 for ..... 15c  
 25c Snider's Salad, Dressing or Catnip ..... 17½c  
 Mason Jar Olives or Pickles ..... 15c  
 Ripe Olives ..... 15c

Good Brooms ..... 50c and 25c  
 Best bulk Raisins, 3 lbs. for ..... 25c  
 Fancy Prunes, 3 lbs. for ..... 25c  
 Corn Flakes ..... 5c  
 10c Corn Flakes, 4 for ..... 25c  
 10c Carnation or Pet Milk, 2 for 15c  
 5c Carnation or Macaroni, 3 for 15c  
 3 lbs. Bulk Starch ..... 10c  
 5c Sardines, 3 for ..... 10c  
 10c Mustard Sardines, 4 for ..... 25c  
 Tall Alaska Salmon ..... 12½c  
 Rum, Baking Powder ..... 15c  
 Good Coffee, ..... 15c and 20c  
 Pkg. Creamery Butter ..... 25c  
 3 rolls Oleomargarine ..... 25c

## DELICIA

### ICE CREAM

There is nothing quite so delicious and appreciative as PURE, WHOLESOME, PALATABLE.

The kind that is absolutely pure and made under the most sanitary conditions and in the most up-to-date plant in the country. Order a brick this very day from your druggist or confectioner.

MADE IN OMAHA BY  
**FAIRMONT CREAMERY CO.**  
 OMAHA, NEB.

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 Pkg. Creamery Butter ..... 25c  
 3 rolls Oleomargarine ..... 25c

**DELIVERY WAGONS LEAVE AT 10:30 A. M. and 3 P. M.**

**THE Public MARKET**  
 1610 HARNEY ST.  
 Phones: Douglas 2147 Ind. A-2144 Ind. A-2147

---FOR THE EVENING REFRESHMENT  
 ---FOR THE SUNDAY DINNER  
 ---FOR THE PICNIC

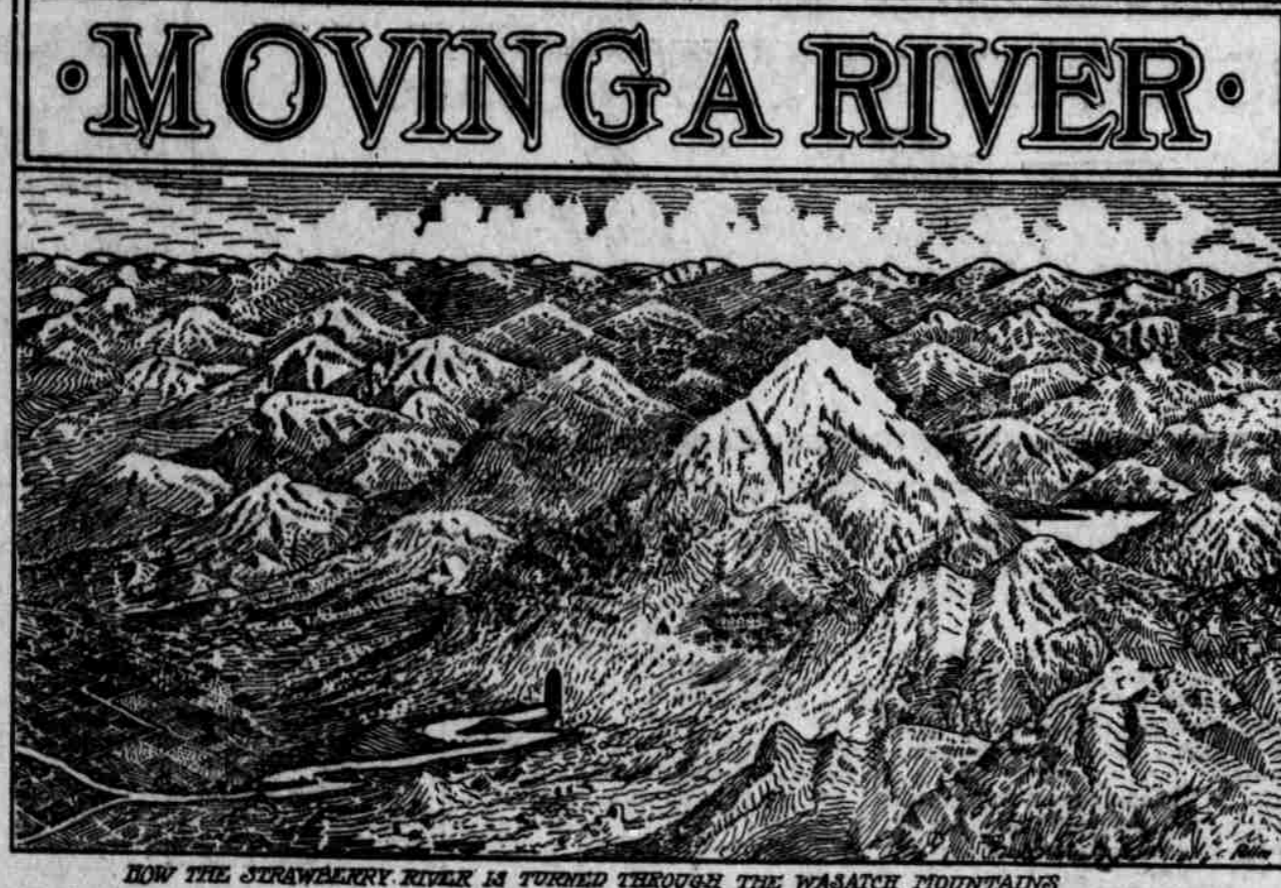
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HOW THE STRAWBERRY RIVER IS TURNED THROUGH THE WASATCH MOUNTAINS

**WASHINGTON, June 21.**—"Holed through today."

This was the laconic message relayed by telephone from Camp Quinton in the Wasatch mountains, Utah, and flashed by wire today to the reclamation service here. It marked the completion of the Strawberry tunnel, one of the largest and most difficult pieces of engineering work the reclamation service ever has been called upon to undertake.

With one exception this under ground waterway tunnel is the largest in the world. Many hard engineering problems had to be overcome in planning it; and great physical endurance was required of the men who carried out the work.

The tunnel pierces the solid rock of one of the highest peaks of the Wasatch mountains at a point where those eternal hills are more than 20,000 feet through. It will move a good-sized stream, the Strawberry river, from one drainage basin to another forty-five miles away. Only 2,000 feet below the snow capped crest of the mountains the tunnel bit pierced its rocky way.

To the south and east of Utah lake is one of the most beautiful valleys in the west, are 80,000 acres of exceedingly fertile land, now only partially productive for lack of water. To transform this valley to a rural settlement, dotted with thriving towns and villages and bordered with long rows of fruit trees, the government engineers have overcome almost unnumbered obstacles.

Beyond the Wasatch range which rims the valley's eastern border, Strawberry river, for centuries bank full, perhaps, has run uselessly by, its waters finally reaching the Gulf of California through the Colorado river. To divert this water from the Colorado drainage basin and return it into the Utah valley, the enormous Strawberry tunnel, nearly four miles long, has been bored through the Wasatch mountains. Its cross section measures more than sixty square feet. It is walled and buttressed with timber and lined with cement.

Before construction could begin, thousands of square miles of valley and rough mountain country were surveyed and mapped, and tunnel and canal lines marked out. A telephone line thirty-eight miles long, extending from Spanish Fork to both portals of the tunnel was constructed and a wagon road from Diamond Switch, the shipping point on the Denver & Rio Grande railroad, to both portals, thirty-two miles long, was made. Down in the foothills, a diversion dam was thrown across Spanish Fork river and the waters turned into a power canal three and a half miles long, which dropped them through high pipes on the big turbines 100 feet below. Power thus generated was transmitted electrically to the tunnel site, where it was used to turn the diamond drills in the rock, light the camps and run the heavy machinery. The surplus has been sold to towns in the valley for municipal and commercial purposes.

The camps are located a mile and a half above sea level, and during several months each winter have practically been isolated from the world, the roads blocked by masses of snow and ice. For more than two years the work has gone on without ceasing, three shifts of men alternating during the twenty-four hours of the day and night. Thousands of gallons of water, poisonous gases and jangling ground have made the work difficult and dangerous. The men fled for their lives on several occasions.

In 1910 the work of placing the concrete lining was begun and since has been carried on simultaneously with the excavation

of the heading. This required skillful handling of men and material to avoid delay in either feature of the work. Notwithstanding the difficulties of the undertaking, it has been carried to completion without the loss of a single life.

Beyond the tunnel, in the shadow of the granite peaks, a great reservoir is being built. A retaining dam of rock, cement and steel is being built so deep that a six-story building might be hidden behind it. Fed by melting snows, the waters will rise behind this structure, covering 8,200 acres with 578,000 acre-feet of water.

The valley to be irrigated is especially interesting because it is the scene of the earliest irrigation by Anglo-Saxons in the west. Settled by Brigham Young and his followers in 1847, after their march through more than a thousand miles of unknown territory peopled by savages, it is the oldest example of community farming by an English-speaking people in the west.

For protection against the Indians the farmers lived in little towns throughout the valley, their houses built close together and facing a common street or square, thus practically forming forts. Some of these old community houses are still standing. The original farms were for the most part not more than forty or fifty acres in size, which may account to some extent for the early success of agriculture under extreme difficult conditions.

When the storage and distribution system is finished and an ample water supply assured for all time, the valley will support more than a thousand farm homes. Salt Lake City and the nearby mining camps will furnish a home market for many of the products, and the three railroad lines which traverse the irrigable area will furnish unusual transportation facilities to the outside world.

### Aged Woman Killed on an M. P. Crossing

While attempting to cross the street in front of a Missouri Pacific switch engine at Thirty-second and Evans street late Thursday afternoon Mrs. Ella Castleton, 73 years old, was instantly killed. She was dragged about fifteen feet before the engine stopped. Her skull was crushed and her left arm and leg badly mangled.

### Winter Wheat Made in South Dakota

"The South Dakota winter wheat crop is already made and is far above the average yield," says E. C. Jennings, farmer, near Vermillion, S. D. "The wheat has headed fine and will be ready for harvest in two or three weeks. The yield has added to Dakota's prosperity wonderfully."

"The best prospects in the world are for corn if the present hot weather keeps up. We have had plenty of rain throughout the entire state and the ground is retaining a great deal of the moisture. Land values will be booming this fall if farmers of South Dakota get as good a corn crop as they have wheat."

### SPRINGVIEW WAITS FOR NEW RAILROAD

The Nebraska & Northwestern, a new railroad recently incorporated, has sold bonds to the amount of \$500,000 and is expected to commence work on its line of survey from Bassett to Springview this year, says C. E. Lear of Springview, stopping at the Henshaw.

"The length of the line is about twenty-five miles through a level country and the work of grading should not cost much," said Lear. "The bridging of the Niobrara river between Keysa Park and Rock counties, however, will take a good piece of money."

"The country the new line will open up is the best grass section in the state. At present there is not a line of railroad in Keysa Park county, residents of Springview, the county seat, having to stage it to Bassett on the Northwestern."

### POPULAR ALL OVER THE COUNTRY

The New American Beverage Has Won Instant Approval

When the public gets hold of a drink that combines a pleasing taste with health-giving properties like Dole's Pineapple Juice, it should congratulate itself. For never before has such an invigorating, healthful and pleasant tasting drink been offered on the market.

Dole's Pineapple Juice keeps the system in good condition and is a decided aid to digestion. It gives positive relief in cases of sore throat, singers and speakers finding it use invaluable.

Dole's is simply the pure juice of choice pineapples. Sold by druggists and grocers everywhere.

"Cooling Drinks and Desserts," a neat little book telling how to make many pleasant, cooling drinks, sent free.

Hawaiian Pineapple Products Co., Ltd.  
 112 Market St., San Francisco.

### Spices of Quality

the finest the world grows—come to you in Tone Spices boxes. 10c at our grocers.

Or we will send you a full size package—any kind—on receipt of 10c.

TONE BROS., Des Moines, Ia.  
 Blenders of "Old Golden" Coffee.

### ASK FOR KEY BEER

UMAHA'S FAVORITE BEER

THE BEER OF QUALITY

**WM. J. BOEKHOFF,**  
 Sole Dealer.  
 Phones—Doug. 115, Ind. A-4119.

Every food we eat is heated—therefore pasteurized—in the milk you drink the exception! If so, it is un-salted. Better order today.

**ALAMITO**  
 The Safe Milk Perfectly Pasteurized.  
 Douglas 411.